

TIP OF THE

July 16, 2004

# SWORD

Incirlik Air Base, Turkey



## Combat Proud

Incirlik pulls together for inspection

# TIP OF THE SWORD

Volume 33 ♦ Number 27 ♦  
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Photo by Airman Bradley Lail

Army and Air Force Exchange Service worker Justin Albright shows his son Christian Albright, 5, how to properly hit the ball at the Hodja Lakes Golf Course Sunday. See related photo, Page 12.

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Photo by Senior Airman Dallas Edwards

Lt. Col. Gregory Bredemeier, a flight surgeon deployed here with the 172nd Medical Squadron from the Mississippi National Guard, uses the new FitLinxx kiosk at the base gym. Registering with FitLinxx is now mandatory. See related photo, Page 5.

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## On the cover:

**Master Sgt. Garvis Leak, 39th Mission Support Squadron superintendent, pulls weeds to support Combat Proud efforts Monday. People came together to prepare for the inspection Tuesday. See related story, Page 3. (Photo by Senior Airman Dallas Edwards.)**

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Photos by Senior Airman Dallas Edwards

Staff Sgt. Montoya Goodloe (**left**), 39th Mission Support Squadron retraining manager, picks up trash outside the wing headquarters building Monday as part of a base-wide Combat Proud effort before the big inspection Tuesday. Master Sgt. Mark Morris, (**right**) 39th Air Base Wing geographically separated unit support superintendent, sweeps a sidewalk. While here, the inspectors rated Incirlik on general appearance, facility exterior, family housing, dormitory, top two self-help projects and a wild card.

## Incirlik impresses Combat Proud inspectors

By Tech. Sgt. Melissa Phillips  
39th Air Base Wing Public Affairs

Incirlik competed against six other large U.S. Air Forces in Europe bases Tuesday to win bragging rights in the first Combat Proud competition.

Combat Proud is an initiative to improve the appearance of USAFE bases to foster pride and productivity and strengthen the commitment to the professional military way of life. Along with bragging rights, Gen. Robert Foglesong, USAFE commander and the Combat Proud founder, is awarding the winning base \$100,000 to aid in completing future Combat Proud projects.

"I've seen just about every inch of this base, and I'm very impressed," said Brig. Gen. Vern Findley II, USAFE director of plans and programs and Combat Proud inspection chief, who recently inspected Ramstein and Spangdahlem Air Bases in Germany. He is headed to inspect Lakenheath and Mildenhall Royal Air Force bases in England, Aviano Air Base, Italy, and Lajes Field, Azores next.

Bases were graded on general base appearance, facility exterior, family housing, dormitory, top two self-help projects and a wild card. This year's theme was the distinguished visitor route.

Since Combat Proud started in August 2003, the base painted 109 facilities, which equates to roughly 23 percent of the base.

A big part of the cleanup effort was credited to the Combat Proud detail, which is a week-long duty comprised of Airmen from every squadron on base.

"The detail actually painted 59 of the buildings," said Capt. Mat-

thew Craig, 39th Civil Engineers Squadron engineering quality assurance officer in charge. "They used 300 gallons of paint and painted more than 300 ballards (metal force protection poles posted around base), 162 fire hydrants and 262 signs."

Many of the signs and buildings were previously painted several different shades and didn't present a uniform, professional appearance.

"In January, we instituted a three-prong approach and created a base improvement plan to integrate Combat Proud into our daily work life," said Captain Craig. "We asked all units to identify self-help projects, instituted a full-time Combat Proud detail and initiated several contracts."

Although the Combat Proud inspectors are not finished inspecting the rest of USAFE bases, they left here with a solid impression.

The general said he was most impressed with Incirlik's "exponential progress" and the willingness from every Incirlik member he met.

"From painting to landscaping, you've taken stuff you didn't need in parking lots (like empty conex boxes left over from Operation Northern Watch days that were located behind the commissary and throughout the base) and moved them out of the way so they're not an eyesore to the community," said General Findley. "Combat Proud is an important program because taking pride in base appearance is an outward sign that we are the best Air Force in the world."

"All the work you have done shows that folks in the 39th Air Base Wing have pride in who they are and what they're all about," he continued.

# USAFE implements new network login

By Capt. Alisen Iversen  
USAFE News Service

**RAMSTEIN AIR BASE, Germany** — U. S. Air Forces in Europe directorate of communications and information is implementing a new network login process July 23 to increase network security compliance throughout the command.

The login process includes a key feature to ensure every network computer is free from known vulnerabilities and compliant with all Air Force required security patches, according to computer security officials at Ramstein.

“It’s a whole new approach to ensuring compliance across the command – every network user needs to start thinking ‘compliance before connectivity.’ We’re all responsible for securing our Air Force data,” said Linda Killman, USAFE A6 information assurance specialist.

When a user logs on to the network, their computer system is checked for compliance to all the current security and software patches.

Once the new login process is in place, if the user’s computer is missing a patch, a pop-up screen will be activated during the login process that details which patches are missing, followed by a suspense date it must be fixed by.

“When the user gets the new pop-up screen they can’t ignore it. It means they must take some type of action,” said Ms. Killman.

“Compare it to the engine or oil indicator light in your car. You wouldn’t continue to drive it without getting it checked,” she continued. “So, I guess you could say we’ve installed warning light indicators to let you know when it’s critical to stop and call an expert.”

If a network user receives the new pop-up screen identifying their computer as non-compliant, Ms. Killman said they should contact their unit’s work group manager or system administrator. In most cases the user, with their system administrator’s assistance, will have two weeks to get the

computer in compliance. If it is not fixed by the suspense date, they will be locked out of the network.

USAFE is the first major command to implement a system like this.

“Spangdahlem (Air Base, Germany’s) communication squadron developed the concept. It was identified as a best practice during an information assurance inspection,” said Ms. Killman.

The USAFE Network Operations Security Center took the concept and created a comprehensive compliance strategy to standardize the process across the command.

“We tested it within our own community, first at USAFE A6 and at USAFE Computer Systems Squadron and then at all the communication squadrons in the command,” said Ms. Killman.

She added that base-level network control centers and work group managers at every unit have worked hard to prepare for this effort.

Ms. Killman said they ran into some problems but were able to work out the bugs.

“Even though we have tested the new login, we know every functional community is a little bit different so we’re prepared to work through the issues with them,” she said. “We’re extremely optimistic. Eliminating the vulnerabilities is worth the bumps we’ll have to take in the beginning.”

Although there will be variations between USAFE bases, the new process is an important aspect of computer security.

“Getting information to the right place at the right time is critical to USAFE’s ability to execute its missions,” said Lt. Col. Joyce Farah, USAFE CSS commander. “It only takes one system to comprise an entire network and potentially a mission.”

Not every user will see the new pop-up screen, but the new feature will be running behind scenes on every workstation, testing for compliance. A pop-up screen indicates noncompliance, so in this case Ms. Killman said, “no news is good news.” For more information, call the 39th Communications Squadron help desk at 6-HELP (4357).

## Revised and updated Airman’s Manual coming Monday

675,000 copies to be distributed to every active-duty member, reservist and guardsman in next four weeks

By Tech. Sgt. David Jablonski  
Air Force Print News

**WASHINGTON** – An Airman’s most important deployment tool just got better.

The original Air Force Manual 10-100, the “Airman’s Manual,” published in 1999, was revised and updated and hits the streets Monday.

“Within four weeks, we will distribute more than 675,000 copies to every active-duty member, reservist and guardsman,” said David Epstein, the training and publications manager for the Air Force civil engineer readiness branch. An electronic version is already available on the Air Force portal.

A working group of contract writers and active-duty subject-matter experts from a cross-section of Air Force specialties began the revision in October 2003.

One major improvement combines the manual with Air Force Handbook 32-4014, Volume 4, “USAF Ability to Survive and Operate Procedures in a Nuclear, Biological, and Chemical Environment.” This consolidated the two publications from 400 pages to about 250 and put them both into one easy-to-carry booklet that fits into the battle dress uniform pants cargo pocket.

Another important feature is the addition of about 20 pages of potential life-saving information, Steve Prier said. He is the Full Spectrum Threat Response publication manager and program manager for the Airman’s Manual at the Air Force Civil Engineer Support Agency at Tyndall AFB, Fla. The section is tabbed in easy-to-read simple text and states specific “need-to-know-now” actions such as post-at-

tack and shelter-in-place actions, weapons jam procedures, self-aid and buddy care, and how to identify unexploded ordnance. It can even be read using night-vision goggles.

“The experts reviewed each section to ensure accuracy, then added essential information from lessons learned from operations Iraqi Freedom and Enduring Freedom, or any other items they found to be important over the past five years,” Mr. Prier said.

The team visited Lackland AFB, Texas, to test the draft manual on basic training graduates who recently completed Warrior Week.

Every bluesuiter will get a copy of the manual, with deployed and deploying Airmen getting their copies first through their unit deployment managers. Certain emergency-essential civilians and contractors will also get them.

“It’s weatherproof, tear-resistant and just about indestructible,” Mr. Epstein said. “It’s a great medium for this compilation of existing war skills tactics, techniques and procedures.”



Photo by Senior Airman Dallas Edwards

### FitLinxx registration mandatory

Lt. Col. Gregory Bredemeier, a flight surgeon deployed here with the 172nd Medical Squadron from the Mississippi National Guard, uses the new FitLinxx kiosk at the base gym. Registering with FitLinxx is now mandatory.

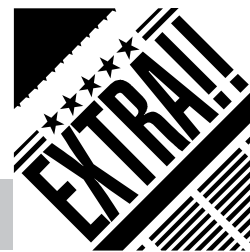
FitLinxx is a software-based, fitness-tracking program founded in 1993. The program is free for people with access to the base gym.

The program is also available online at <http://Incirlik.fitlinxx.com>.

Military members who were stationed at Incirlik prior to December are automatically loaded in FitLinxx. Members arriving after November 2003 need to be logged into the system. Dependents, civilian workers and contractors, and foreign military members and dependents must request to be loaded in the system by a fitness staff member.

Once on the site, members enter the last four digits of their social security number for their user ID and a password of their choice.

For more information, call Dick Gooley, 39th Services Squadron fitness and sports director, at 6-6294, or call Tech. Sgt. Tiffani Johnson, 39th SVS sports director, at 6-1109, or the fitness center front desk at 6-6086.



IN  
BRIEF

### Honor Guard

The base Honor Guard is looking for new members. Practices are held Tuesdays at 1:30 p.m. in the club ballroom. For more information, visit the Honor Guard Web site at <http://source/assocs/honorguard>.

### Overseas assignment listing

The Enlisted Quarterly Assignment Listing for November to January requirements is available to overseas returnees and continental United States mandatory movers, or Airmen facing mandatory reassignment. Airmen can work through their military personnel flight to update their preference by July 29. They will be notified of their selection by mid-August.

EQUAL advertises upcoming assignment requirements by Air Force specialty and rank. Airmen should review, prioritize and update their assignment preferences based on the assignment list, Air Force Personnel Center officials said. People can view the lists at the MPF or online at the personnel center's Web site at <https://afas.afpc.randolph.af.mil/amsweb/master.cfm/> Airmen on temporary duty during the advertising period can contact the nearest personnel office for assistance.

### Fraudulent online banking

The Web site [www.ocnetonline.com](http://www.ocnetonline.com) claims to be an online banking site operated by the Office of the Comptroller of the Currency. The site is a fraudulent attempt to acquire personal information from users for the purpose of identity theft. For more information, call Tech. Sgt. Charles McQueen, 39th Air Base Wing Legal Office general law division NCO in charge, at 6-6800.

### Tops in Blue shuttle service

Tops in Blue is performing today at 7 p.m. in Hangar 4. A shuttle service will pick up people every 10 to 15 minutes beginning at 6 p.m. at the following locations

- ◆ High school parking lot
- ◆ Bldg. 833 (base headquarters)
- ◆ Commissary
- ◆ Lodging



# ZIP IT

**‘OPSEC saves money, equipment and, most importantly, our lives.’**

**By Capt. Rickardo Bodden**  
39th Air Base Wing Public Affairs

The battle for operational security, better known as OPSEC, is a battle the military has fought for much longer than any war.

“OPSEC can simply be defined as protecting information about our operations from adversaries,” said 2nd Lt. Jason Roberson, 39th Air Base Wing OPSEC program manager.

The main issue with OPSEC is people are constantly saying things that keep the enemy, or people who do not need to know, informed about our operations and critical information. Enough unclassified information pieced together becomes critical information. Some examples of critical information are:

- ♦ specific information about a base’s force protection measures and shortfalls
- ♦ names and personal information of key personnel and their duties
- ♦ all communications in reference to operations
- ♦ out of the ordinary actions during or preparing for aircrew missions
- ♦ distinguished visitor movements
- ♦ username and passwords
- ♦ aircraft call signs and flight times

Ever heard the old phrase, “Loose lips sink ships?” Well, the same principle still holds true today. One of the methods the Air Force uses to protect critical information is by employing an Electronic Systems Security Assessment team.

ESSA teams are part of the Air Force’s intelligence and communication community. They travel throughout the Air Force to monitor unsecured communications devices to find out if classified or critical information is being discussed.

“We monitor base unclassified communication devices to ensure people are not discussing critical information that can be used against us,” said \*Tech Sgt. John Bee, ESSA mission supervisor.

A common way people defend themselves when they do discuss certain information is by saying, “But that is not classified.” That excuse is no longer valid, Lieutenant Roberson said. “Just because something is unclassified does not mean you should be discussing it on communication devices such as e-mail, telephones, cellular phones and fax machines that are not secure.

“One of the most common OPSEC violations I see Air Force-wide is when people try to talk around an issue,” said Sergeant Bee.

A common example is when an Airmen talks on the phone and says, “I should not be talking about this but...”

“Never do that! If it is a sensitive or classified issue, use secure communication devices,” Sergeant Bee said.

Talking around a topic may not be communicating classified infor-

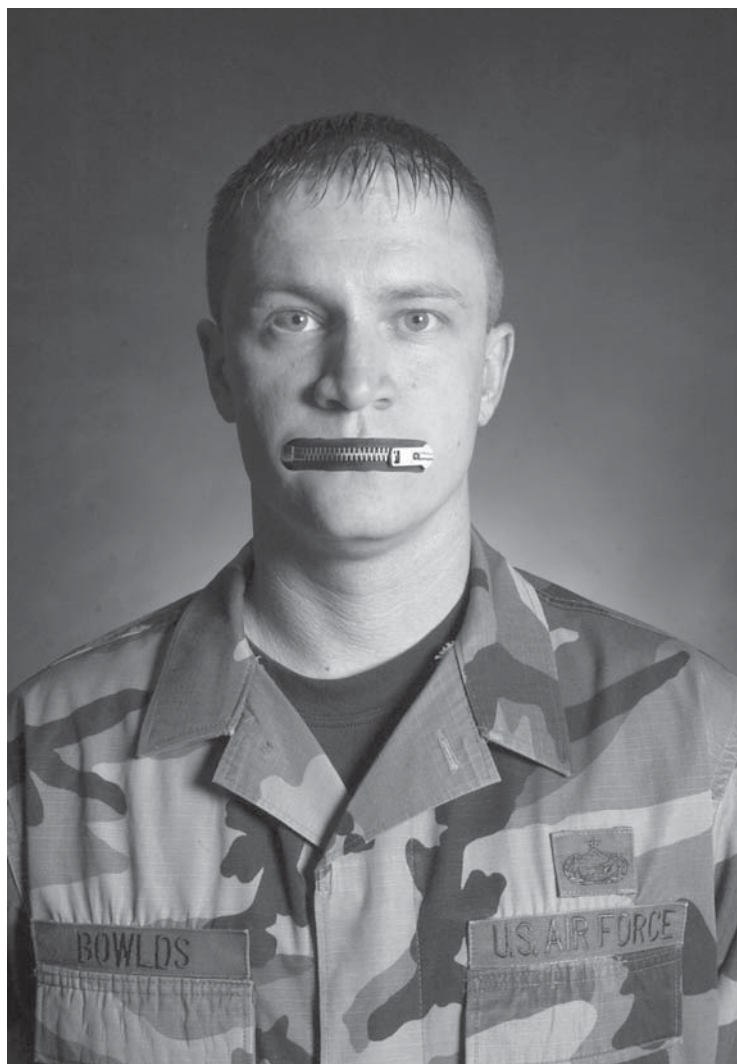


Photo illustration by Senior Airman Dallas Edwards

mation but other people may be able to piece together enough unclassified information to put our base’s mission at risk.

“People may not say everything initially, but when they call other people and discuss the same topic, information can be brought together,” said Sergeant Bee.

Airmen should also be careful about using unclassified terms. When they are used, the question that needs to be asked is, “Is it a term people usually hear?” said Sergeant Bee.

Certain uncommon terms can give people notice of what is going on.

E-mailing titles and sensitive information in the body of e-mails are another concern.

“Everyone needs to understand the probability of e-mails being intercepted going from one location to another (especially to personal e-mail accounts) is considered high,” said Sergeant Bee.

“Try your best to ensure people who do not need to know don’t know,” said Lieutenant Roberson. “People off base know too much about what is happening on base. Why? Because some people talk too much and are not taking notice of who is around. In short, people need to zip it up.”

Operational and critical information security is vital to Air Force mission accomplishment.

“So, remember the next time you fax, call, e-mail or have a discussion with someone think OPSEC,” Lieutenant Roberson said. “Because OPSEC saves money, equipment and, most importantly, our lives.”

\* The name of the individual was changed to protect the person’s identity.

# Running for efficiency, safety

By Kenneth Ballard

Incirlık fitness program manager

Last year I administered the cycle ergometry test several times. I heard some people remark, "I wish they would bring back the run and get rid of this stupid bike test."

To them I say wishes sometimes do come true, and to others I say be careful what you wish for.

Since the beginning of the New Year, I have seen many people out running. For some, this is just a continuation of their normal fitness routine. However, others are motivated by the fact they must now pass a running test. Regardless of the motivation, proper running form will help enhance the running experience, help prevent injuries and improve running times.

## Foot motion and heel strike

Your foot should land no more than one foot forward, below your hips. Be sure not to over stride. When your foot lands, the heel should strike slightly toward the outside. Your foot should roll slightly inward as you push off on the big toe. If your foot mechanics are correct, you will see a wear pattern on the bottom of your shoe that crosses over from the outside heel to the inside of the forefoot.

If the wear pattern is on the outside of an old pair of running shoes, buy a new pair of running shoes marked cushioning – these shoes are marked with a "C" at the base exchange. If the wear pattern is on the inside, buy a pair of motion control running shoes

marked with an "M." A runner with a normal wear pattern needs a pair of stability shoes marked with an "S."

Some runners will see a wear pattern much greater on the forefoot than on the heel. These runners are striking on the toes. While some great competitive runners had this characteristic, for the most part, these runners are prone to overuse injuries.

## Posture

Unlike a sprinter, a distance runner should stay in an upright position. Keep your shoulders in line with your hips. You should look forward, not at the ground. By bending forward, you compress your chest cavity which results in less air getting to the lungs and less oxygen going to working muscles.

## Arms and Shoulders

Concentrate your energy on propelling forward. If you hold your hands up at chest level with fists clinched, you are using energy unnecessarily. Shoulders and hands should be relaxed, arms should bend at about 45 degrees at the elbow, and hands should not cross the midline of the body. As your arms swing forward, your hands should come to the belt line but no higher than the bottom of your ribcage.

To have your running form analyzed by the fitness program manager, you can attend the fitness improvement program class Tuesdays from 8 to 10 a.m. This class is required for those who score below 70 on the new Air Force physical fitness test. However, the class is also available to anyone interested in improving their running form.



ON  
DECK

SPORTS AND FITNESS

**Water aerobics** — Water aerobics classes are offered Mondays, Wednesdays and Fridays from 6 to 7 p.m. Cost is \$30 per month. For more information, call 6-6044.

**Lap swim** — Early morning lap swim is Mondays through Fridays from 6 to 7 a.m. at the base pool. For more information, call 6-3442.

**Skeet and trap shooting** — Outdoor recreation offers skeet and trap shooting Tuesdays through Fridays by appointment. Open shooting begins Saturdays at 9 a.m. Cost is \$10, and includes shells and clays. For more information, call 6-6044.

**Combat Hapkido** — The fitness center sponsors Combat Hapkido Mondays and Wednesdays at 7:45 p.m. and Fridays at 6:30 p.m. For more information, call 6-6086.

**Scuba course** — Outdoor recreation offers a scuba course, which includes training and Professional Association of Diving Instructors certification. Water training is provided in an indoor pool, plus four open water dives in Kizkalesi. Cost is \$250. For more information, call Yasar Karalar, scuba instructor, at 6-6044 or e-mail [incirlikdiving@yahoo.com](mailto:incirlikdiving@yahoo.com).

**Trotters and Striders Club** — Keep a fitness center record of the miles walked or ran and qualify to win prizes. For more information, call 6-6086.

**Massage therapy** — The fitness center has two licensed massage therapists on staff. People can schedule an appointment Mondays through Sundays between 10 a.m. and 8 p.m. For more information, call 6-6086.

**Extreme Summer points** — People can earn Extreme Summer points by submitting a FitPoints report. The report is at the FitLinxx Web site at [www.incirlık.fitlinxx.com](http://www.incirlık.fitlinxx.com) under "Workouts." For more information, call the fitness center at 6-6086.

## Choosing the right running shoe

### The High-Arched Foot

**Foot characteristics:** A curved, high-arched foot is generally termed an under-pronated foot. This type of foot doesn't pronate enough so it's not an effective shock absorber.

**Best Fit:** Curved shape

**Best Shoes:** Cushioned ("C" tag) shoes with plenty of flexibility to encourage foot motion and plenty of mid-foot cushioning. Stay away from motion-control or stability shoes that reduce foot-mobility.

### The Normal Foot

**Foot Characteristics:** A normal foot lands on the outside of the heel, then rolls inward (pronates) slightly to absorb shock. Runners with a normal foot and normal weight are usually considered biomechanically efficient and don't require motion-control shoes.

**Best Fit:** Semi-curved shape

**Best Shoes:** Stability ("S" tag) shoes with moderate control features.

### The Low-Arched Foot

**Foot Characteristics:** This imprint usually indicates an over-pronated foot that strikes on the outside of the heel and rolls inward (pronates) excessively. Over time, this can cause many different kinds of overuse injuries.

**Best Fit:** Straight or semi-curved shape

**Best Shoes:** Motion-control shoes ("M" tag) or stability shoes ("S" tag) with firm mid-soles and control features that reduce the degree of pronation. Stay away from highly cushioned curved shoes that lack stability and control. (*Information courtesy of [http://basic.armystudyguide.com/pt/Selecting\\_the\\_Proper\\_Running\\_Footwear.htm](http://basic.armystudyguide.com/pt/Selecting_the_Proper_Running_Footwear.htm)*)



# COMMANDER'S COMMENTS



By Col. Michael Gardiner, 39th Air Base Wing commander

## Combat Proud

My personal thanks goes out to each and every one of you who worked hard these past couple of weeks to ensure the Combat Proud inspection went off without a hitch Tuesday. The base looked absolutely great, and the inspectors were very impressed. Look for the results of the U.S. Air Forces in Europe-wide inspection in the commander's comments in a few weeks.

## For sale bulletin board

The 39th Communications Squadron created an electronic bulletin board for posting for sale or wanted items. There are categories for just about everything from microwaves to pets to sports equipment. However, users are not allowed to advertise products with intention of reselling for personal or financial gain. Personal or business services are also not allowed to be posted. To get to the board from your e-mail, find "public folders." Expand that and follow the link to

All Public Folders then Incirlik Public Folders/39ABW/Base Wide Information/For Sale/Wanted Incirlik. Please read the mandatory information before posting anything. For more information, call the 39th CS help desk at 6-HELP (4357).

## APO boxes

This is just a reminder that running a home-based business out of your Air Post Office box is not allowed, and running a business in your quarters requires my approval. This means you are prohibited from shipping items sold on an auction site from the Official Documents Center. The only acceptable method of sending or receiving business-related items is through Turkey's postal system or through a commercial carrier. If you have any questions about whether you or your spouse's activities are considered a home-based business, call the legal office at 6-6800. For more information on what is legal or illegal to ship through the ODC, call 6-6301.

## Traveling in Turkey

Here are a few safety tips to keep in mind when traveling in Turkey or any place else for that matter. Remember, safety is a key element of force protection.

- ◆ Inspect your vehicle for proper operation
- ◆ Plan your route in advance
- ◆ Do not travel too far and too fast in one day
- ◆ Ensure all vehicle occupants are properly restrained
- ◆ Be prepared to reduce speed or stop on short notice
- ◆ Obey all signs and stop lights
- ◆ Do not take chances that put your life at risk

For more information, call the safety office at 6-SAFE (7233). Have a safe and enjoyable weekend.

# Volunteering: *Will you step up and help?*

By Col. Mary Parker  
39th Maintenance Group

What prompts a person to offer their time and talent to an organization or charity?

For each volunteer, it is usually a specific interest or an area of concern.

Someone who enjoys working with children might seek out the local Boy Scouts or Girl Scouts programs or sporting activities like Little League or Pop Warner Football.

Someone who benefited from services offered by the Red Cross might feel a need to reciprocate and offer to teach a CPR course or first aid class.

Someone who seeks the camaraderie of the religious community might want to sing in the church choir or help with any of the various ministries.

Someone who is interested in making their child's school a better place for education might offer to be a member of the PTO.

Someone who wants to be a part of the extended military family and raise funds for scholarships might seek election as one of the board members for the spouses' clubs on base.

I am certain each and every one of you has a special interest or area of concern. What would it take for you to step up and help?

**Hidden Heroes is a U.S. Air Forces in Europe special interest program that recognizes people and programs that make a difference to the base and community. The program's goal is to increase volunteerism throughout Incirlik and USAFE. To volunteer, call the family support center at 6-6755.**

There are a multitude of organizations that need your assistance. It could be as short as one to two hours each week, and that small amount of your time will make an enormous impact.

If you're hesitant to step forward and commit to a specific job, then tell the organization that you are available to help with anything. They might tell you they need someone to bake cookies, pickup donations for a sale or babysit for a member attending a meeting.

If you are hesitant to step forward on your own, I have another avenue for you to pursue. When someone asks you to help with baking cookies, picking-up donations or babysitting, just say, "Yes!" What a painless

way to volunteer.

Once you make that initial leap to step up and help, you will find volunteering has its own set of rewards.

The donation of your time and efforts are repaid exponentially in the satisfaction you gain by helping others. The smile on the little leaguer's face who finally connected with the ball for a hit after your dedicated coaching, will be positively glowing.

The person who can respond to an accident and administer CPR until the paramedics arrive is absolutely life-giving.

The person that returns to church after a lengthy absence because they wanted to hear you sing in the choir is decidedly heart-warming.

The child that has new library books to read because the PTO was able to obtain a grant is extremely educating.

The high school graduate that is able to attend a university due to a spouses' club scholarship is completely rewarding.

There has to be some organization that holds a special spot in your heart that is waiting for you to step up and help. Will you do it?

Just say, "Yes!" and be one of the Hidden Heroes U.S. Air Forces in Europe wants to recognize.





## Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

**Question:** Mehmet, climbing and visiting castles is my hobby. Last weekend, knowing very little about it, I went to Anavarza Castle. It was beyond my expectations. It was not only a castle, but ruins of a whole city. Will you tell us about it please?

**Response:** We have so many historical sites in our neighborhood, but very few know about Anavarza Castle, one of the most striking historic cities, which served as the capital of the kingdom of Armenia Minor for centuries. Anavarza was built by the Assyrians in the ninth century B.C.

Built on a sheer rock ridge, Anavarza Castle is actually two structures; an outer fortification and an inner castle. Both overlook the ruins of a Roman city by the same name.

Your first view of the castle may be daunting. While driving through the village by the castle, the structure can be seen at the top of the ridge several hundred feet above you.

The castle can only be reached by climbing. What first appears to be a route fit only for a mountain goat quickly reveals itself to be accessible because many steps were carved into the rocks. Still, it takes approximately 20 minutes to make the climb.

Just a little way up the ridge you will see the ruin of an ancient amphitheater on your left.

Climbing higher still, you see what looks a little like a street map. The actual city of Anavarza was swallowed by the great earthquake of 525 B.C. and has not been excavated to this day. What you are seeing are roofs of buildings and streets that outline a small city buried almost 10 feet below the ground.

Once you are near the top of the outer castle wall, you will have a superb view of the countryside to the west. On a clear day you can see several of the nearby towns and even Snake, Black, Tumlu and Kozan castles a few miles away.

Reaching the top, you come to the main wall of the outer fortifications complete with intersecting rooms and underground cham-

bers. For the more adventurous, try walking along the top of the wall. You can almost feel what it was like to be a sentry on that wall hundreds of years ago. This is also a great place for a picnic.

As you look north from the main wall, you can see how the ridge narrows and rises with the main castle in the distance. Between you and the main castle are the ruins of an 11th century Armenian castle.

Continuing up the gradual rise toward the castle, you will reach a dry moat leading to a tunnel-type building and another dry moat. Watch your guide carefully because he knows all the steps and handholds possible. You may tour and climb the castle by yourself or get one of the villagers who will ask you if you need a guide. If you decide to have a guide, ask how much it will cost before starting the tour.

In every direction is a sheer drop of several hundred feet. My advice when visiting castles, ruins and ancient sites; either walk or look, but don't do both at the same time.

Around the right side of the second moat and through a tunnel is the main part of the castle. Fortified on the west and north ends, it is marked by two horseshoe like towers. This part of Anavarza is in relatively good condition.

On your way down, the guide should take you along a slightly different route to show you the burial crypts.

Consider carefully before bringing young children. My experience is they either tire easily on the long climb or are too energetic

and apt to get in trouble — especially climbing around the main castle. There are several spots where a slip would surely result in a long fall to the base of the ridge.

### Getting to Anavarza

Take E5 east for about 25 miles to the Ceyhan-Kadirli intersection. Turn left toward Kadirli. Proceed for 15 miles then turn right at the yellow sign for Anavarza. Your travel time should be 45 minutes to an hour.



Courtesy photo

## In Turkish

**kale - castle**  
(kha-leh)

**tarihi - historic**  
(thah-ree-he)

**duvar - wall**  
(do-wahr)

**eski - old**  
(ass-kee)

**yeni - new**  
(yeah-knee)

*Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail [mehmet.birbiri@incirlik.af.mil](mailto:mehmet.birbiri@incirlik.af.mil).*



# THE INCIRLIK GUIDE

## Today

**Crossroads Café** — The Crossroads Café is closed for the Tops in Blue performance.

**Children's story hour** — The library sponsors a weekly children's story hour from 10:30 to 11:30 a.m. For more information, call 6-6759.

**Teen movie night** — The youth center sponsors a teen movie night from 8 to 11 p.m. Cost is \$3 for members and \$5 for nonmembers. For more information, call 6-6670.

## Saturday

**Back in the Day dance** — The services squadron is hosting a Back in the Day 70's dance at 7 p.m. at the club ballroom. Prizes will be awarded. The cost is \$8 in advance and \$10 at the door. For more information, call Jean Best-Richardson at 6-8411.

## Upcoming

**Sewing class** — The skills development center sponsors a sewing class July 23 from 5:30 to 7:30 p.m. Students complete a quilted tote bag. Bring a sewing machine if able. All materials included. Cost is \$15. To register, call 6-3858.

**Framing course** — The skills development center offers instructional framing courses July 24 at 10:30 a.m. Cost is \$25 plus materials. Participants should bring an 8-by-10 inch artwork or photo. For more information, call 6-3858.

**Scrapbooking club** — The skills development center offers a scrapbooking club from 12 to 4 p.m. July 24. The center also seeks a scrapbooking instructor. For more information, call 6-3858.

**WIC overseas summer sched-**

**ule** — WIC overseas opens for the summer from 8 a.m. to 4:30 p.m. beginning August 9. For more information, call Staci Crawford at 6-1237.

**Movie of the month** — The community center is showing "Against the Ropes" July 30 at 6 p.m. The event is free. For more information, call 6-6966.

## Ongoing

**CTC degree evaluation** — The Central Texas College offers evaluations for students who have completed six semester hours with CTC. An evaluation can award college credits for military training and experience and an evaluator will explain how transfer credits will fit into a CTC degree plan. For more information, call Mine Smith at 6-6046 or visit [www.ctc-europe.com](http://www.ctc-europe.com).

**CTC class offerings** — The Central Texas College will offer associates in applied science in the following degrees if there are enough interested students: applied management/military science, automotive mechanic, criminal justice, early childhood development, emergency medical technician, food service management and legal assistant. For more information, call Mine Smith at 6-6046.

**ITT hours** — Information, Ticket and Tours is located in the club complex. Their hours are Tuesdays through Saturdays from 9:30 a.m. to 8 p.m. and Sundays from 9:30 a.m. to 2 p.m. For more information, call 6-6049.

**Participate in Extreme Summer, win prizes** — Earn points for participating in events and programs at base facilities for chances to win \$150,000 in prizes at [www.extremesummer.com](http://www.extremesummer.com). For more information, call Jean Best-Richardson at 6-8411.

**Summer Sunday breakfast** — Ala carte breakfast will be served at the club instead of brunch during the summer months from 9:30 a.m. to 1:30 p.m. For more in-

formation, call the club at 6-6010.

**Pet adoption** — The stray animal facility is open Saturdays from 9 to 10 a.m. for pet adoptions and donations. For more information, call Staff Sgt. Caroline Wood at 6-6072 or Staff Sgt. Adena Eberhardt at 6-1164.

**Base pool** — Open swim hours

are Mondays, Wednesdays and Fridays from 1 to 6 p.m., Tuesdays and Thursdays from 1 to 8 p.m., and Saturdays and Sundays from 10 a.m. to 6 p.m. Lap swim hours are Mondays through Thursdays from 6 to 7 a.m. and from 11 a.m. to 1 p.m. Pool passes are on sale at outdoor recreation. For more information, call 6-6044.



## Today

**Home Rosary group** — The Home Rosary group is cancelled. For more information, call Ellen Herdler at 6-5267.

## Sunday

**RCIA team meets** — The Rite of Christian Initiation of Adults team meets at 6:30 p.m. in the chapel conference room. New members are welcome. For more information, call Fermin Gonzaga at 6-4660.

**Youth meeting** — The Catholic Youth of the Chapel meets at 5:30 p.m. at the bowling alley. For more information, call Master Sgt. Larry Schneck at 6-5747.

## Monday

**Library book club** — The library book club is reading "Nighttime is My Time" by Mary Higgins Clark. The discussion is at 7 p.m. For more information, call the library at 6-6759.

**PWOC meets** — The Protestant Women of the Chapel meets from 6:30 to 8:30 p.m. at the Crossroads Café. For more information, call Melanie McDade at 6-9381.

**CWOC meets** — The Catholic Women of the Chapel meets at 5:30 p.m. in the chapel. For more information, call 6-6441.

## Tuesday

**CMOC meeting** — The Catholic Men of the Chapel meets at 7 p.m. at the chapel annex. For more information, call 6-6441.

## Ongoing

**Receive free welcome gift at the library** — Children new to Incirlik can join the library and receive a newcomer's gift bag. For more information, call the library at 6-6759.

**Combat Care car care** — While military members are deployed, spouses are entitled to free minor maintenance. For more information, call Master Sgt. Alicinne Peebles at 6-6755.

**Girl Scouts** — The Girl Scouts need volunteers to fill positions of secretary, treasurer, events coordinator, troop leaders, troop consultants, hut manager, public relations coordinator, recruiter and troop organizer. For more information or to volunteer, call April Rogers at 6-5748, 6-6321 or 0535-214-8514.



# WARRIOR OF THE WEEK



**Yilmaz Akbas,**  
Incirlik Commissary store worker



## CLASSIFIEDS

**Yard sale:** Phantom Housing (2792B) Saturday from 7 a.m. to 1 p.m.

**Yard sale:** Falcon Housing (4084B) Saturday — furniture, baby items, household items and more

**For free:** Classic red wicked witch of the west bicycle complete with basket. White wall tires and saddle seat. Like new. For more information, call Chuck or Tracy at 6-5237.

**For sale:** 1987 Toyota Hilux J-spec P/U, 103K KM, air conditioned, pioneer CD, rancho shocks, BG Goodwrench MT/KM tires, great condition, \$2,500 OBO. For more information, call Mark at 6-5536.

**For sale:** Motorola T250 cell phone with original box and accessories plus sim card, \$180. For more information, call 6-5489.

**For sale:** Queen-size, four-poster bed with mattress, excellent condition, paid \$950, asking only \$500 with mattress. For more in-



**Combat Education**  
By meeting the program goals this initiative

Combat Education is a U.S. Air Forces in Europe combat program which helps remove barriers to allow Airmen to pursue advanced education.

**Time on station:** 7 years

**Hometown:** Incirlik, Turkey

**Hobbies:** Movies and yard work

**How do you contribute to the air base wing's mission?** I take care of the customers.

**What do you like most about Incirlik?** The people I work with

**Supervisor's quote:** "Mr. Akbas is a very good worker," said Jose Mendias, Incirlik Commissary manager. "We need more workers like him."

formation, call Tech. Sgt. Kimberly Higgins at 6-6611 (days) or 6-5444 (nights).

**For sale:** New five-piece, king-size bedroom set with brand new mattresses, \$800 OBO. For more information, call 6-2456.

**For sale:** MZ 301 motorcycle, good condition, black, asking only \$675. Not a beyanname item. For more information, call Herb or Mandy at 6-5150 or 0-537-747-7804.

**For sale:** 1992 Yamaha Zeal 250cc. Excellent condition, \$1,800 OBO. For more information, call Rey at 6-2633 or 0-536-948-3023.

**For sale:** 1999 Ford F-150 Super Cab short bed pick-up truck, four doors, V8 5.4L, automatic, two-wheel drive, 29,000 miles, lariat, loaded, excellent condition, \$15,000. For more information, call John Beeman at 6-5487, 6-8815 or e-mail at john\_beeman2002@yahoo.com.

**For sale:** 32-inch Sony Trinitron WEGA. One year old. Can deliver, \$750 OBO. For more information, call Jeff at 6-2342.

**Found:** Gold three-sided cartouche with the name Jazzmine on one side; Arabic and Hieroglyphics on the other sides. For more information, call the child development center at 6-6553.

aims to help with the personal and professional development of USAF Airmen. For more information or for help meeting advanced education goals, call the education center at 6-3211, the University of Maryland University College at 6-6367, Central Texas College at 6-8399, or Embry-Riddle Aeronautical University at 6-1098.

# YOUR TURN



To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

## What are you doing to beat the heat this summer season?

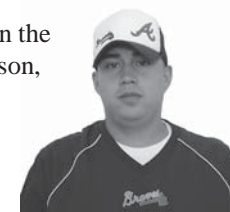
"Staying in the air conditioning and going to the beach and pool."

— **Sahin Arslan**



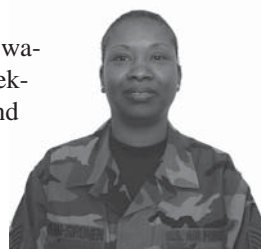
"I plan on playing in the pool at home with my son, Dylan."

— **Staff Sgt. Brad Miller, 39th Security Forces Squadron**



"Hit up all the local watering holes on the weekend, like Aqua Land and Kizkalesi."

— **Tech. Sgt. Shawn Penn-Sironen, 39th Air Base Wing**



"My wife and I bought a beach house near Mersin, and we go there whenever we can."

— **Daryl Johnson, 39th Communications Squadron**



"I'm Ammo and we primarily work outside, so I plan on drinking lots of water and taking breaks in the air conditioning."

— **Airman 1st Class Ryan Jacobson, 39th Maintenance Squadron**





Photo by Airman Bradley Lail

## Hole in one

Army and Air Force Exchange Service worker Justin Albright shows his son Christian Albright, 5, how to properly hit the ball at the Hodja Lakes Golf Course Sunday. The Hodja Lakes Golf Course sponsors a couples scramble July 25. The entry fee is \$5, which includes rental clubs. The sign-up deadline is July 23. Also, E1 to E4s receive 50 percent off green fees Monday and July 26 after 5 p.m. For more information, call the pro shop at 6-3313 or 6-8995.



## AT THE MOVIES

### Today

**Kill Bill Vol. 2 (R)** – Starring Uma Thurman and David Carradine. There were five on her list. Now it's three. O-Ren Ishii and Vernita Green were the first to fall. Now, the bride is out to finish the job by killing the rest. If the final three aren't afraid now, they better start because she's coming for them. However, something has thrown off her plans a bit. Showing at 7 and 9 p.m. (137 minutes)



### Saturday

**SHREK 2 (PG)** – Starring Mike Myers

and Eddie Murphy. Shrek and Fiona return from their honeymoon to find Fiona's parents invited them for dinner. Fiona's parents anticipate the homecoming of their daughter and her new Prince. But no one could have prepared them for the sight of their new son-in-law. Shrek now faces his greatest challenge – the In-Laws. Showing at 5 and 7 p.m. (105 minutes)



### Sunday

**ENVY (PG-13)** – Starring Ben Stiller and Jack Black. When a hapless schmo becomes rich after selling an invention called Vapoorize, which causes dog waste to vanish instantly, his long-time friend and neighbor is driven insane with envy and proceeds to wage war on him. Showing at 7



p.m. (99 minutes)

### Thursday

**Kill Bill Vol. 2 (R)** – Starring Uma Thurman and David Carradine. There were five on her list. Now it's three. O-Ren Ishii and Vernita Green were the first to fall. Now, the bride is out to finish the job by killing the rest. If the final three aren't afraid now, they better start because she's coming for them. However, something has thrown off her plans a bit. Showing at 7 and 9 p.m. (137 minutes)

### At the M1

**Imagining Argentina (R)** — 12:30 p.m., 4:15 p.m., 6:45 p.m. and 9:15 p.m. (107 minutes)

**Spiderman 2 (PG-13)** — 11:30 p.m., 2 p.m., 4:30 p.m., 7 p.m., 9:30 p.m. and 11:30 p.m. (128 minutes)

**Twisted (R)** — 1:15 p.m., 3:30 p.m., 5:30 p.m., 7:30 p.m., 9:30 p.m. and 11:30 p.m. (97 minutes)

**Calendar Girls (PG-13)** — 1:30 p.m., 4 p.m., 7 p.m. and 9:30 p.m. (108 minutes)

**Mambo Italiano (R)** — 12 p.m., 2:15 p.m., 4:45 p.m., 7 p.m. and 9:15 p.m. (100 minutes)

For more information and updates, call the movie recording at 6-6986 or the theater office at 6-9140. The provision of movie information does not constitute an endorsement by the 39th Air Base Wing, U.S. government, Department of Defense or Department of the U.S. Air Force. For more information, call the theater at 6-6986.